



MONMOUTH UNIVERSITY

PSYCHOLOGY

Visitor & Travel Guide

Contemporary **R**elationships **C**onference

May 17-18, 2025

Monmouth University

West Long Branch, New Jersey

This project is made possible in part due to funding from the Diversity Innovation Grant Program coordinated by the Office of the Provost and Intercultural Center at Monmouth University.



Visiting Monmouth University

Monmouth University is located in West Long Branch, New Jersey, Monmouth University's magnificent and historic campus is approximately one hour from New York City and is within walking distance of the beaches of the Atlantic Ocean.

The easiest route by plane is arriving at Newark International Airport (EWR) in New Jersey which is about 45 minutes from the University by car or NJ Transit Train. The University is also accessible from the Philadelphia International Airport (PHL) via car or train. Note that JFK often has the cheapest airfare, but the most complicated route to the area (train from JFK to NY Penn Station in NYC to the North Jersey Coast Line). See Public Transportation Options (p. 6) for more information.

[Click here to view a PDF map of campus](#)

Centrally located, the area offers services, entertainment & educational experiences all within easy reach. Home to some of the shore's best beaches and seasonal sights, opportunities to explore nature and history are plentiful at the University and in Monmouth County. Stroll the boardwalk or catch a show at one of the many theaters and concert venues nearby!

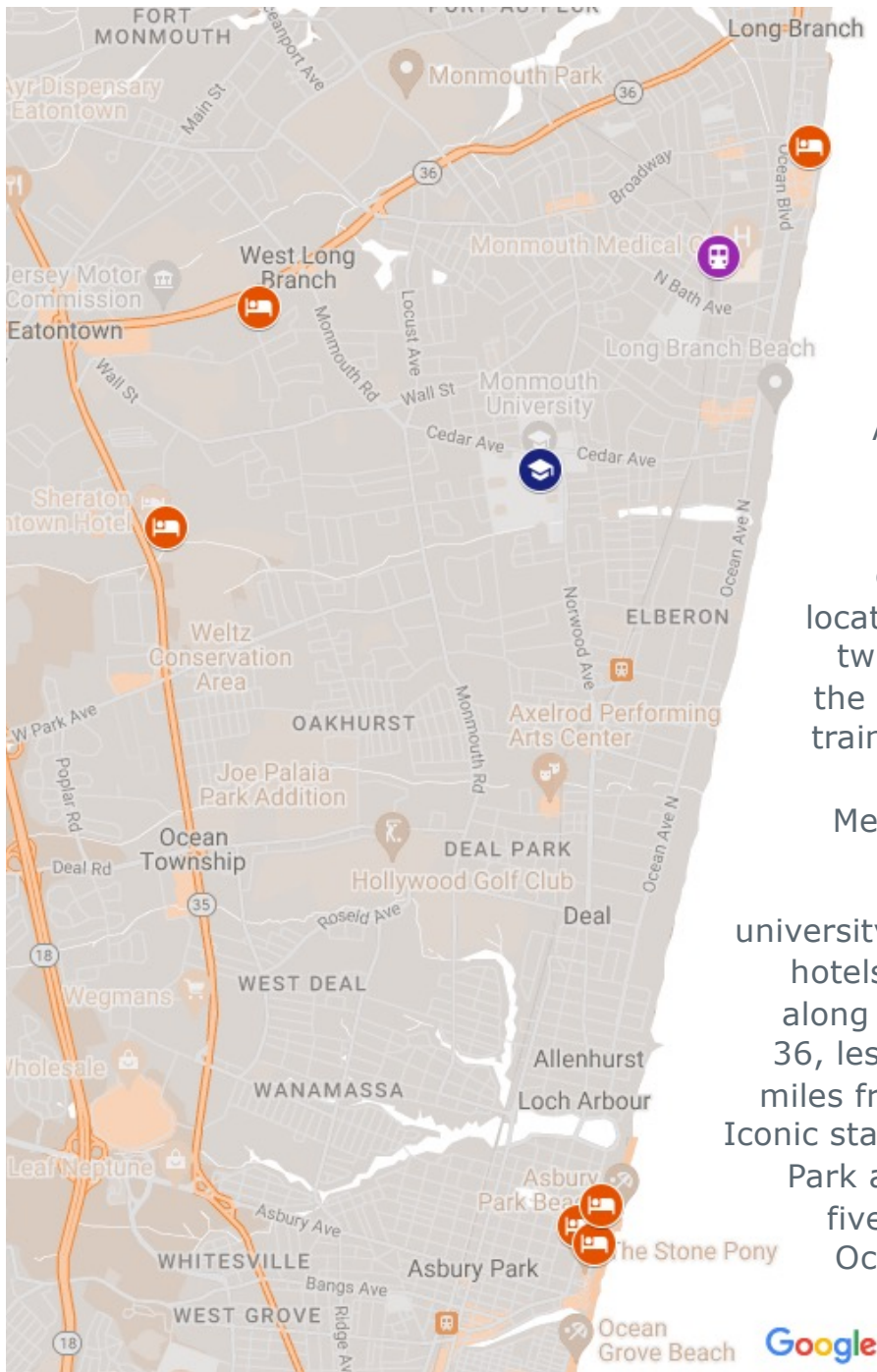
We look forward to welcoming you at CRC 2025!



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Getting to Know the Area



Cedar Avenue ends at Ocean Avenue – turn left for Long Branch beaches and boards, or turn right to Asbury Park.

Monmouth University is conveniently located less than two miles from the Long Branch train station and Monmouth Medical Center.

Some of the university's preferred hotels are located along Routes 35 & 36, less than three miles from campus. Iconic stays in Asbury Park are less than five miles down Ocean Avenue.



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Accommodations

****Airbnb** is a fantastic option, and the most cost effective. There are hundreds of rentals available in the shore area and mid-May is still the off-season. Use 400 Cedar Ave, West Long Branch, NJ as the location.**

[Holiday Inn Express & Suites West Long Branch](#)

294 NJ-36, West Long Branch, NJ 07764 • (732) 542-1234
1.7miles from MU • \$219+/night • features standard rooms and suites, heated, indoor pool, fitness center, and free Express Start Breakfast Bar. Rooms are available at a discounted rate of \$219 until April 16, 2025 at the following booking link: [CLICK HERE](#)

[Sheraton Eatontown Hotel](#)

No longer offering discounted rates



[Ocean Place Resort & Spa](#)

1 Ocean Blvd, Long Branch, NJ 07740 • (732) 571-4000
2.5 miles from MU • \$447+/night • beachfront hotel features ocean views and a full-service spa. Get 20% off regular rate when you make a reservation by phone and mention 'Monmouth University'.

[The Berkeley Oceanfront Hotel](#)

1401 Ocean Ave, Asbury Park, NJ 07712 • (732) 776-6700
3.7 miles from MU • \$339+/night • celebrating its 100th anniversary, the hotel offers dining, shopping, and modern amenities in a historic location. Guests can [CLICK HERE](#) to book a discounted stay using promo code 'MONMOUTH'.

[The Asbury Hotel](#)

210 5th Ave, Asbury Park, NJ 07712 • (732) 774-7100
3.7 miles from MU • \$478+/night • inspired by Asbury Park's storied history, "shaped by artistic rebels and rock 'n' roll legends," the Asbury Hotel combines hospitality and entertainment on the shore. Events like workshops, movie nights, karaoke, live music and more take place at the Lobby and Rooftop bars. In addition to standard rooms and suites, you can keep the band together in one of their Quad or Octo rooms. Discounted rates, based on availability, can be requested using promo code 'MONMOUTH' when booking by phone.



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Location & Driving Directions

Our historic campus is located on the beautiful Jersey shore, at 400 Cedar Avenue in West Long Branch, just off NJ Rt. 36.

From Newark Airport: Follow signs for Airport Exit to US-1/US-9 South. From US-9 South, follow signs to the GSP South or NJ Turnpike/I-95 South and continue from the directions below.

From the Garden State Parkway (GSP): Take Exit 105 to Route 36 East. Continue approximately three miles to Route 71 South. In approximately one mile, Route 71 will fork left and become Cedar Avenue. Follow Cedar Avenue for approximately one-half mile, past the main entrance to the University, which is on your right. Turn right onto Norwood Avenue, then make your first right onto campus. Follow signs to Visitor parking (Lot 11).

From the NJ Turnpike/I-95: From the South, take Turnpike North to Exit 7A. After the toll plaza, take I-195 East to Shore Points. Approaching Belmar, I-195 becomes NJ Route 138. After crossing the Garden State Parkway, exit right to NJ Route 18 North, marked Eatontown. Take the Deal Road exit and drive east to the intersection at Monmouth Road. Turn left and proceed to the third traffic light, which is Cedar Avenue. Turn right onto Cedar (also labeled NJ Route 71 South).

From the NJ Turnpike /I-95 : From the North, take Turnpike South to Exit 11 (Garden State Parkway South). Take Exit 105 and follow directions from the GSP above.

From Trenton and Points West: Take I-195 East, and follow directions outlined above from NJ Turnpike, from the South.

From Coastal New England and Boston: Take I-195 South to I-287 West to the Governor Mario M. Cuomo Bridge. Follow I-287 to the Garden State Parkway South. Take Exit 105 and follow directions from the GSP above.

Once on Cedar Avenue, turn right onto Norwood Avenue, then make your first right into campus. Follow the entryway to the right for Visitor parking (Lot 11).



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Public Transportation

TRAIN: NJ Transit – Long Branch Station is the nearest station to the University, located on 3rd Avenue between Morris & Pavilion Avenues. The station is on NJ Transit’s North Jersey Coast Line.

From New York Penn Station or Newark Airport Station: Take a North Jersey Coast Line train southbound with local stops to Long Branch and Asbury Park Stations.

From Philadelphia: From the Philadelphia 30th Street Station, board the Septa to Trenton Transit Center. From Trenton Transit Center, take the northbound NJ Transit Northeast Corridor line to Rahway. Change in Rahway to a southbound North Jersey Coast Line train with local stops to Long Branch Station.

If flying into Philadelphia (PHL), a rental car is the easiest option.

From the Raritan Valley line: take the Raritan Valley line to Newark Penn Station and change to the southbound North Jersey Coast Line with local stops to Long Branch Station.

From All Other NJ Transit Lines: Take the line to Secaucus Junction. Change to the southbound North Jersey Coast Line with local stops to Long Branch Station.

FERRY: From Manhattan by Ferry (weekdays only): The Midtown 39th Street and Brookfield Place/Battery Park City ferry routes service South Amboy, NJ, with a free connecting shuttle from the ferry station to the train station. From South Amboy train station, take a southbound North Jersey Coast Line train with local stops to Long Branch Station.

BUS: Routes from Long Branch Station: The NJ Transit Bus No. 837 (LONG BRANCH - ASBURY PARK - SEAVIEW SQUARE MALL) travels to and from Long Branch Station and the university, stopping at Norwood & Kirby Avenue located near the university Norwood Avenue entrance.

Shore Cab Taxi of Long Branch (732-222-6688), Uber, and Lyft are all readily available in the areas surrounding the University, hotels and public transportation hubs.



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